

RESILIENT SPIRITUAL STRENGTHS WORKSHEET

You are resilient and do not overreact to stress. You experience few negative emotions and cope well when life is difficult. You are able to handle stressful life circumstances without becoming overly affected. You rarely worry about how things will turn out and go about your business without fear of negative consequences.

Resilient individuals bring valuable strengths to their spiritual journeys, including emotional stability, resilience, a positive outlook, trust, encouragement for others, and clarity in decision-making. Recognizing and nurturing these strengths can enhance their relationship with God and their contributions to their faith communities.

Spiritual Strengths

Emotional Stability:

- **Strength:** Resilient individuals are generally more emotionally stable, which allows them to approach challenges with calmness and clarity.
- **Bible Reference:** "You keep him in perfect peace whose mind is stayed on you, because he trusts in you." (Isaiah 26:3, ESV) – This verse emphasizes the peace that comes from trusting God.

Resilience:

- **Strength:** They tend to be resilient in the face of adversity, maintaining their faith and optimism even during difficult times.
- **Bible Reference:** "But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me." (2 Corinthians 12:9, ESV) – This highlights how grace provides strength in challenging situations.

Positive Outlook:

- **Strength:** Individuals often possess a positive outlook on life, helping them to see God's goodness in all circumstances.
- **Bible Reference:** "This is the day that the Lord has made; let us rejoice and be glad in it." (Psalm 118:24, ESV) – This encourages a joyful perspective on life.

Trust and Faith:

- **Strength:** Their emotional stability fosters a strong sense of trust in God and faith in His plans, even when life is uncertain.
- **Bible Reference:** "Trust in the Lord with all your heart, and do not lean on your own understanding." (Proverbs 3:5, ESV) – This verse emphasizes reliance on God rather than on personal anxiety.

Encouragement to Others:

- **Strength:** They often provide support and encouragement to those who may be struggling with anxiety or emotional turmoil, acting as a source of strength for others.
- **Bible Reference:** "Therefore encourage one another and build one another up, just as you are doing." (1 Thessalonians 5:11, ESV) – This encourages mutual support within the community.

Clarity in Decision-Making:

- **Strength:** Resilient individuals can make decisions more calmly and rationally, helping them to navigate their spiritual paths with clarity.
- **Bible Reference:** "For God is not a God of confusion but of peace." (1 Corinthians 14:33, ESV) – This reflects the importance of clarity and peace in decision-making.

Spiritual Strengths Journaling Prompts & Notes

Emotional Stability:

- How do you maintain emotional stability in challenging situations, and what practices contribute to this steadiness?

Resilience:

- What strategies do you use to bounce back from setbacks or disappointments in your spiritual journey?

Positive Outlook:

- How do you cultivate a positive outlook in your daily life, especially regarding your faith and spiritual practices?

Trust and Faith:

- How does your sense of trust in God influence your decisions and actions?

Encouragement to Others:

- How do you offer support and encouragement to others who may be struggling with anxiety or emotional challenges?

Clarity in Decision-Making:

- How do you approach decision-making in your spiritual life? What steps do you take to ensure clarity?

Balancing Strengths and Community Involvement:

- How do you ensure that your emotional stability does not lead to complacency or lack of action in your spiritual life?
